

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00am...Chair Yoga 9:15am...A Matter of Balance 12:30pm...Bridge 12:30pm...Mah Jong 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge	2 9:15am...Senior Strength 10:00am...Senior Strength II 10:00am...Meeting of the Minds 10:00am...Beginners Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	3 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	4 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo	5 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga 1:00pm...Flowers for Everyone
8 CLOSED FOR VICTORY DAY	9 9:00am...Senior Strength I 9:15am...A Matter of Balance 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	10 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	11 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo	12 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga
15 9:00am...Chair Yoga 12:00pm...Summer Social at Wharf 12:30pm...Bridge 12:30pm...Mah Jong 6:45pm...Duplicate Bridge	16 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Meeting of the Minds 1:00pm...Fun and Games 1:00pm...Benefit Rep	17 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	18 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo	19 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga
22 8:00am...Foxwoods Trip 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jong 6:45pm...Duplicate Bridge	23 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	24 9:00am...Chair Yoga 9:30am...Hearing Screening 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	25 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo	26 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga
29 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jong 6:45pm...Duplicate Bridge	30 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Meeting of the Minds 1:00pm...Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	31 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	AUGUST 2016	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Onion Soup Sloppy Joe Green Beans Side Salad Sliced Pears <i>(Shrimp Salad on a Bun)</i>	2 Lentil Soup Chicken Cordon Bleu Rice Pilaf Broccoli Sherbet <i>(Bologna & Cheese on White)</i>	3 BRUNCH Fresh Fruit Cup Scrambled Eggs Ham Slice Tomato Slice Breakfast Bar	4 Minestrone Soup Hot Dog Macaroni and Cheese Tossed Salad Fresh Fruit <i>(Italian Grinder)</i>	5 Red Chowder Florentine Fish Mashed Potatoes Sliced Carrots Lemon Pudding <i>(Ham Salad on Rye)</i>
8 CLOSED FOR VICTORY DAY	9 Venus de Milo Soup Grilled Chicken Caesar Salad Parmesan/Caesar Dressing Applesauce <i>(Meatball Sub)</i>	10 Tomato Rice Soup Sweet and Sour Pork Loin Sweet Potatoes Mixed Vegetables Italian Ice <i>(Chicken and Cheese on Roll)</i>	11 Chicken Noodle Soup Pot Roast with Gravy Mashed Potatoes California Blend Vegetables Diced Peaches <i>(Seafood Salad on Wheat)</i>	12 Clear Chowder Country Crisp Fish Sliced Seasoned Potatoes Broccoli Slaw Fresh Fruit <i>(Corned Beef & Swiss on Grain)</i>
15 Beef Barley Soup Roast Turkey with Gravy Butternut Squash Peas and Onions Pineapple Chunks <i>(Roast Beef & Cheese on Wheat)</i>	16 Potato Leek Soup Pub Burger with Gravy Mashed Potatoes Summer Squash Fresh Fruit <i>(Turkey Salad on Oatmeal)</i>	17 Egg Drop Soup Shrimp Chow Mein Crunchy Noodles Oriental Blend Vegetables Mandarin Oranges <i>(Salami & Provolone on Bun)</i>	18 Chicken Soup Italian Sausage Seasoned Rigatoni Peppers and Onions Frosted Cupcake <i>(Italian Tuna on Marble)</i>	19 Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Watermelon <i>(Hamburger on a Bun)</i>
22 Kale and Bean Soup Liver and Onions Mashed Potatoes Vegetable Blend Mixed Fruit <i>(Fish Sandwich on a Roll)</i>	23 Cream of Broccoli Soup Shepherd's Pie Asparagus Cuts Diced Peaches Wheat Dinner Roll <i>(Pulled Pork on a Roll)</i>	24 Split Pea Soup Knockwurst Boiled Potatoes Carrots Fresh Fruit <i>(Egg Salad on Rye)</i>	25 Beef Rice Soup Turkey Swiss Wrap Lemon Garlic Potato Salad Chocolate Pudding <i>(Tuna Wrap)</i>	26 Juice Honey BBQ Airline Chicken Buttered Corn Tomato and Cucumber Salad Shortbread Cookies <i>(Hot Dog on a Bun)</i>
29 Shrimp Bisque Southwest Chicken Entrée Salad Fruit Cocktail <i>(Honey Ham & Cheese on Rye)</i>	30 Chicken Soup Meatballs with Pasta Italian Blend Vegetables Fresh Fruit <i>(Turkey & Cheese on Italian)</i>	31 Pasta and Bean Soup Stuffed Pork Chop Brussel Sprouts Coffee Cake <i>(Chicken Salad on Oatmeal)</i>	AUGUST 2016	